

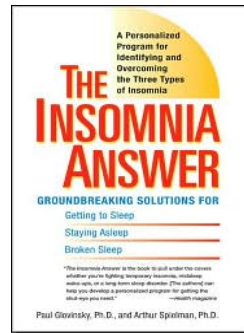
## What about Antidepressant Medication?

Most antidepressant medications can improve your sleep; however some medications can disrupt your sleep or cause you to sleep too much. It is recommended that you make note of your usual sleep pattern prior to taking an antidepressant. This way you can better assess whether or not the medication is affecting your sleep. If you have any concerns about your sleep or notice any changes in your sleep after starting an antidepressant medication notify your clinician.

This educational brochure was developed by the MDOCC program. If you would like to learn more about the MDOCC program please either ask your clinician or call us at 734-936-8706.

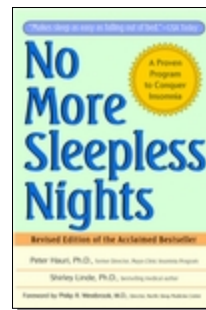
Special thanks to Dr. Todd Arnedt for helping with this project.

## Recommended Reading



### The Insomnia Answer

By Glovinsky P & Spielman A. New York: The Berkley Publishing Group, 2006.



### No More Sleepless Nights

By Hauri P & Linde S. New York: John Wiley & Sons, 1996.

## INFORMATION ONLINE

[www.med.umich.edu/neuro/Sleeplab/](http://www.med.umich.edu/neuro/Sleeplab/)

[www.sleepeducation.com](http://www.sleepeducation.com)

[www.sleepfoundation.org](http://www.sleepfoundation.org)



## Sleep and Depression



University of Michigan Depression Center

## What is the relationship between Sleep and Depression?

**Sleep problems are a common complaint for people with depression. It has been found that 60-80% of patients with depression have problems with sleep.**

**Untreated sleep disturbances in depression can lead to greater risk for relapse, increased risk of suicide and may also delay response to therapy.**

Although several theories about the function of sleep exist, we know that when people are deprived of sleep they have less energy, find it difficult to concentrate, experience feelings of depression, become more irritable and anxious, and suffer from occupational impairment, all of which contribute to difficulty functioning in their daily life.

***Getting a good night of sleep is crucial to maintaining mental and emotional well being.***



## How can I improve my sleep?

**There are many things you can do on your own to improve your sleep. Here are some tips from the Behavioral Sleep Medicine Clinic here at U of M.**

- **Go to sleep and wake up at the same time every day.**
- **Do not consume caffeinated products in the evening.**
- **Do not nap during the day.** Napping makes it harder to fall asleep and stay asleep at night.
- **Exercise regularly, but do not participate in activities that raise body temperature (e.g., warm bath) within 3 hours of bedtime.** Regular exercise can improve sleep quality. The best time to exercise to help sleep is in the late afternoon or early evening.
- **The temperature of your bedroom should be comfortable and on the cool side (around 65°F).** Extreme temperatures at either end of the range will disrupt sleep.
- **Make sure that your bedroom is dark and quiet.** Darkness signals the biological clock that it is night time. Creating constant background noise in the sleep environment (e.g., a fan, humidifier) will eliminate unexpected sounds that would otherwise wake you up.
- **Spend time outside in the light each day.** Exposure to sunlight helps to set the biological clock.

## What else can I do?

**Cognitive Behavioral Therapy for Insomnia is a very effective way to treat sleep problems.**

At the Behavioral Sleep Medicine Clinic at the University of Michigan a multidisciplinary team of sleep experts focuses on the treatment of patients with several different causes of chronic sleep problems. Treatment most often emphasizes cognitive behavioral therapy as opposed to long-term medication use. Patients are seen initially by a medical sleep medicine specialist and by a psychologist who specializes in insomnia and psychological approaches to sleep disorders. Subsequent visits may involve the physicians, the psychologist, or both depending on the patient's needs. Therapy usually involves six to ten clinic visits, either privately or in a group setting. The large majority of patients who have chronic insomnia can be treated successfully.

***If you would like to make an appointment at the Behavioral Sleep Medicine Clinic call 800-525-5188***